

Date: September 18, 2010

Location: Johnson County Community College Track & Field Stadium

Events: Hammer, Shot Put, Discus and Javelin

Start time: 9am

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, & 75-79

Awards: Top 5 in each age group.

Order of Events: Hammer, Shot Put, Discus and Javelin

Attempts & age group order: 6 attempts & oldest to youngest (Women & Men will be combined)

Entry Fee: Pre-Register by September 10, 2010 - \$25.00 for 1st event and \$10 for each additional event
After September 10 or meet day registration, - \$35.00 for 1st event and \$10.00 for each additional event

HEARTLAND OPEN / MASTERS THROWERS CHALLENGE

2010 Heartland Open-Masters Throwers Challenge HAMMER, DISCUS, SHOT PUT & JAVELIN



CUT ON DOTTED LINE TO SUBMIT YOUR ENTRY FORM:

Entry Form: To be postmarked by September 10, after September 10 include late fees

(Please print clearly)

Name (First & Last): _____ Age on 9-18-2010: _____

Sex: _____ Date of Birth: _____

Address: _____ State: _____ Zip: _____

Email: _____ Phone: _____

HAMMER: _____ (Best Mark in 2009-2010)

SHOT PUT: _____ (Best Mark in 2009-2010)

DISCUS: _____ (Best Mark in 2009-2010)

JAVELIN: _____ (Best Mark in 2009-2010)

Make check payable to Heartland Athletic Services, Inc. and mail to:

Heartland Athletic Services, Inc.

P. O. Box 30074

Kansas City, MO 64112

Contact: Gilbert S. Castillo - 916-916-6379 – gscast@kc.rr.com